



LifeSkills Training in Tennessee

Recognized by the US Department of Education as an exemplary prevention program and recommended by the Center for Disease Control, *LifeSkills Training (LST)* is one of the most successful proven prevention strategies in the country based on over 20 years of research. Studies testing the effectiveness of *LST* show it reducing the prevalence of tobacco, alcohol, and illicit drug use by up to 87% when implemented with fidelity.

The *LST* program has been aligned with universal learning standards and is taught in sequence over three years. Level 1, taught in 6th grade, consists of 15 lessons (plus 3 optional violence prevention lessons). Level 2, taught in 7th grade, consists of 10 lessons (plus 2 optional violence prevention lessons). Level 3, taught in 8th grade consists of 5 lessons (plus 2 optional violence prevention lessons). Team training is available and prepares participants to deliver all three levels.

Tested with a broad range of adolescents, results show that *LST* works for white, African American, and Latino students, boys and girls, and for youth living in rural, suburban, and urban environments. Teacher manuals and student workbooks are available in Spanish. If your school serves a Spanish speaking population, materials can be ordered at www.lifeskillstraining.com.

Participants in the *LST* workshop should be aware that the training, based on an interactive approach, is designed to introduce specific proven teaching methods.

Based on recent findings, it is recommended that schools planning to implement *LifeSkills* send a team of 3-5 (teachers, counselors, or other classroom personnel) representing each grade through the one-day training. School Resource Officers and Safe and Drug-Free School Coordinators are also encouraged to attend as part of the team. Teams must acquire their principal's approval and commit to implementation fidelity. Many schools choose to deliver *LST* in Health, Science or Social Studies, but the curriculum works equally well in Language Arts, Guidance, and exploratory/elective courses.

Schools already participating in LST are allowed to send additional teachers through training. If you are unsure whether your school has received training, please check the attached list.

Each participant will be provided one teacher manual and one classroom set (30) of student workbooks appropriate to the grade level at which they plan to deliver *LST*.

Safe and Drug Free School Coordinators(Title IV) may request an "in-service" training for their school system with a minimum of 18 participants and maximum of 24 participants. If your system would like to coordinate training within your county, please contact the program coordinator to discuss dates and locations.

To inquire about LifeSkills registration, training and Technical Assistance, please contact Kami Bruner at 615.253.6379 or by e-mail at Kami.Bruner@tennessee.edu.

